

# TA DISTANCE LEARNING CENTRE

Student and teacher: Use this cover sheet for mailing or faxing.

## SSN2171: Personal Psychology 20

### Introduction and General Development

### Assignment Booklet 1

#### FOR STUDENT USE ONLY

(If label is missing or incorrect)	
Date Assignment Submitted: _____	File Number: _____
Time Spent on Assignment: _____	Lesson Number: _____

#### FOR ADLC USE ONLY

Batch Number: _____
Assigned Teacher: _____
Graded By: _____
Grading: _____
Date Lesson Received: _____

#### Student's Questions and Comments

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Apply Assignment Label Here

Name

Address

City/Town

Province

Postal Code

Please verify that preprinted label is for correct course and module.

#### Summary

	Total Possible Marks	Your Marks
(S)1 Lesson 1 Assignment 1	35	
(S)1 Lesson 1 Assignment 2	15	
(S)1 Lesson 1 Assignment 3	30	
(S)1 Lesson 1 Assignment 4	20	
<b>TOTAL</b>	100	

#### Teacher's Comments:

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Teacher

*These instructions are for students registered with the Alberta Distance Learning Centre.*

## **INSTRUCTIONS FOR SUBMITTING THIS DISTANCE LEARNING ASSIGNMENT BOOKLET**

When you are registering for distance learning courses, you are expected to submit Assignment Booklets for correction regularly. Try to submit each Assignment booklet as soon as you have completed it. Do not submit more than one Assignment Booklet in one subject at the same time. Before submitting your Assignment Booklet, please check the following:

- Are all the assignments completed? If not, explain why.
- Has your work been reread to ensure accuracy in spelling and details?
- Is the booklet cover filled out and the correct course label attached?

### **MAILING**

1. Postage Regulations

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**Send all letters in a separate envelope.**

2. Postage Rates

**Take your Assignment Booklet to the post office and have it weighed. Attach sufficient postage** and seal the envelope. Assignment Booklets will travel faster if sufficient postage is used and if they are in large envelopes that do not exceed two centimetres thickness.

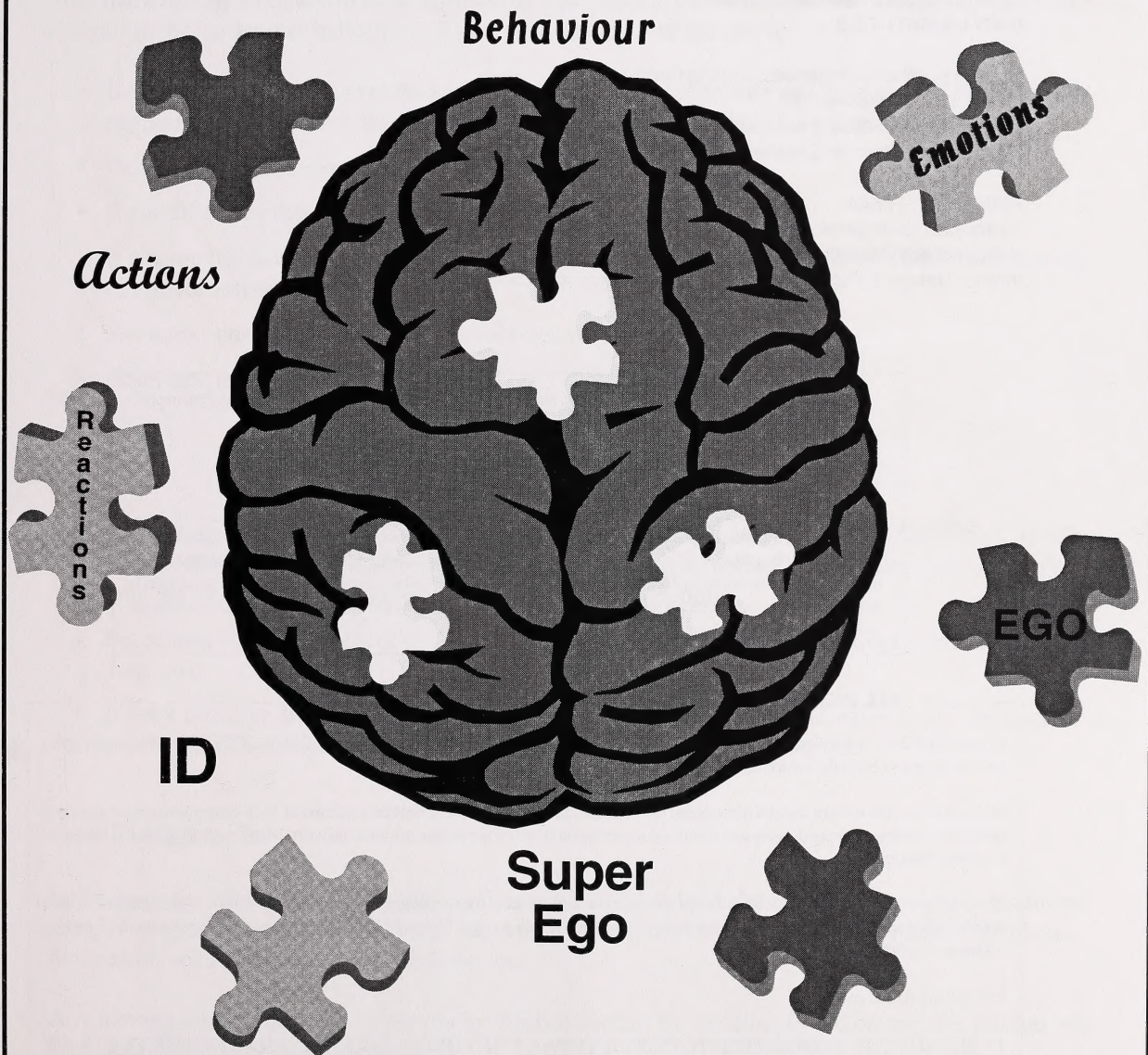
### **FAXING**

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### **E-MAILING**

Assignment Booklets may be e-mailed to the Alberta Distance Learning Centre. Contact your teacher for the appropriate e-mail address.

# PERSONAL PSYCHOLOGY 20



ASSIGNMENT BOOKLET 1

Personal Psychology 20  
Assignment Booklet One  
Alberta Distance Learning Centre  
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The address is as follows:

<http://www.adlc.ca>

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# Personal Psychology 20

## Assignment Booklet 1

### Advice:

Your mark for this module will be determined by your success on the assignments in this booklet. Your answers give your teacher indications of your understanding of the course.

- Before attempting to answer the assigned questions, please be sure you have read all the relevant course material and have completed the self-correcting activities in the module booklet.
- Proceed **slowly** and **carefully** through the assignments.
- If you encounter difficulties, review the pertinent section notes.
- If you are still having problems, please contact the course teacher at the Alberta Distance Learning Centre for assistance.
- The marks possible for each individual exercise is indicated.
- Good luck in your studies!

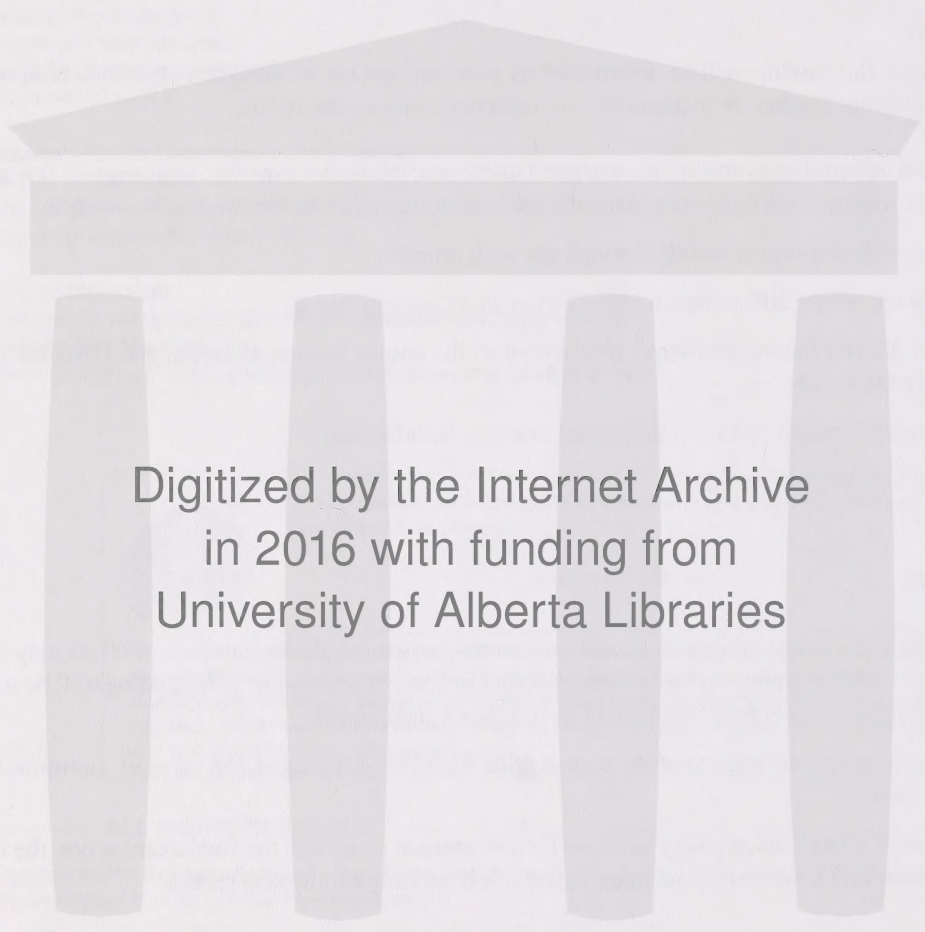
### Warning:

- Failure to complete all questions and/or poor responses due to obvious lack of effort may result in your teacher returning the assignment booklet marked “incomplete”. No grading will be awarded until such exercises are completed to the teacher’s satisfaction.
- Discussing various aspects of the course with others is encouraged, but all work submitted should be your own.
- If there is a large discrepancy between the assignment score and the final exam score, the teacher has the discretion to assign a final mark based solely on the examination results.

### Our Pledge to You:

Everyone at the Alberta Distance Learning Centre is committed to helping you achieve your educational goals. We happily assist students who are sincere in their desire to learn. We may be reached by phone, fax, e-mail, voice mail, postal mail, or in person.

Any journey consists of single steps; you have taken another by enrolling in this course. We want to help you successfully reach your destination.



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**Value**  
**2**

3. Have you ever been hypnotized? Have you seen someone hypnotized? If so, briefly describe the experience. If not, would you like to be hypnotized? Why or why not?

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**Value**  
**3**

4. In what way is the unqualified use of hypnosis dangerous?

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**Value**  
**3**

5. Why cannot very young children or mentally retarded people be hypnotized?

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## Assignment 2: Matching Experiments with the Correct Branch of Psychology

This is a matching exercise. On the line to the left of each description listed in column B, write the name of the branch of psychology in column A that best fits the description. Each branch of psychology may be used more than once.

### Column A

abnormal psychology	developmental psychology
behavioural psychology	parapsychology
clinical psychology	physiological psychology
cognitive psychology	social psychology

### Column B

1. \_\_\_\_\_ Studies how infants learn to crawl
2. \_\_\_\_\_ Studies the effects of hormones on mood
3. \_\_\_\_\_ Uses computer modeling to test its theories
4. \_\_\_\_\_ Studies the effects of overcrowding and its relationship to stress
5. \_\_\_\_\_ The practice of treating clients in a helping environment
6. \_\_\_\_\_ Studies the causes of anxiety attacks
7. \_\_\_\_\_ Studies the phenomenon of remembering
8. \_\_\_\_\_ Studies the reasons people stereotype other races
9. \_\_\_\_\_ Studies energy patterns of ghosts
10. \_\_\_\_\_ Studies how monkeys can be trained to use sign language
11. \_\_\_\_\_ Studies how nerve impulses travel through the body

12. \_\_\_\_\_ Has received much criticism in regards to its scientific value
13. \_\_\_\_\_ Measures the physical changes a teenager goes through during puberty
14. \_\_\_\_\_ Uses group therapy to help people with alcohol addictions
15. \_\_\_\_\_ Researches ways to treat people with depression

### Assignment 3: Psychological Experiments

Use information from the following description to answer questions 1 to 6 that follow;

Dr. Goldilocks decided to test a few different shampoos to see which cleaned hair better. She bought one expensive shampoo, one cheap shampoo, and one moderately priced shampoo. She also purchased three wigs of the same hair type and soiled them exactly the same way and amount. She measured out 10 millilitres of each brand of shampoo and washed each wig with a different shampoo in tepid water (about 40 degrees). She worked in the shampoo for 3 minutes on each wig and rinsed the hair for 2 additional minutes. When the experiment was over she recorded her results. She repeated the procedure two more times.

**Value**  
**2**

1. What is one possible hypothesis for this experiment?

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**Value**  
**3**

5. List at least three variables that were controlled in this experiment.

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**Value**  
**2**

6. Why was the experiment repeated two more times?

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**Value**  
**2**

7. For this question you are to design your own psychological experiment. It doesn't have to be complex; it can be very simple. If you are stuck for ideas you can use any of the following;

- an experiment to test whether or not a lack of sleep hinders problem-solving ability
- an experiment on whether or not exercise makes people happy
- an experiment to test if giving rats sugar pill makes them complete a maze faster.

**Value**  
**2**

- a. What is your hypothesis?

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## Assignment 4: Summary

**Value**  
**20**

True or False questions. Read each of the following items and write in the blank true if the statement is true and false if the statement is false.

- \_\_\_\_\_ 1. Psychology is both a philosophical and scientific pursuit.
- \_\_\_\_\_ 2. Psychological paraprofessionals must have medical degrees.
- \_\_\_\_\_ 3. The biggest misconception about psychology is that it is not a science.
- \_\_\_\_\_ 4. You cannot see a covert behaviour happening.
- \_\_\_\_\_ 5. The Canadian Council on Animal Care monitors all animal research that takes place in Canada.
- \_\_\_\_\_ 6. The Canadian Council on Animal Care can affect the amount of research money a university receives from the government.
- \_\_\_\_\_ 7. Empirical evidence is data carefully collected from an experiment.
- \_\_\_\_\_ 8. Developmental psychology is concerned with how humans developed from the apes.
- \_\_\_\_\_ 9. Psychiatrists can prescribe medication to clients.
- \_\_\_\_\_ 10. A hypothesis predicts the outcome of an experiment.
- \_\_\_\_\_ 11. Statistics can yield different types of results depending on the statistical test used.
- \_\_\_\_\_ 12. Cognitive psychology studies covert behaviours.
- \_\_\_\_\_ 13. Hoaxes and moneymaking schemes have tarnished the image of parapsychology.
- \_\_\_\_\_ 14. Part of a counsellor's job may be testing clients to find out what job would suit them best.
- \_\_\_\_\_ 15. Everyone can be hypnotized.
- \_\_\_\_\_ 16. An abnormal behaviour is any behaviour not performed by the majority of people.
- \_\_\_\_\_ 17. The degree to which a people can be hypnotized represents their "hypnosis factor."
- \_\_\_\_\_ 18. Social psychology studies the influence people have on each other.
- \_\_\_\_\_ 19. Field studies are considered more ethical than laboratory studies.
- \_\_\_\_\_ 20. Extraneous factors add scientific merit to an experiment.

**END OF ASSIGNMENT BOOKLET 1**



